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STAMP  
HERE



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**AMANDA SPIVEY**  
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**JEFF BRIGHT**  
Community Relations Director

**TOM PARKER**  
Maintenance Director

**CHRISTINE DAIN**  
Life Enrichment Director



**Our mission is to create and sustain  
comfortable, caring environments  
for those who depend on us.**

# Barnett Woods Bulletin

## Monthly Newsletter



## December 2019

2 Cold Weather Safety & Wellness  
3 Team & Resident Spotlight  
4-5 Activities Calendar

6 Birthdays, Social Media, & Highlights  
7 Special Moments, Recipe Corner  
8 Mission & Team

## Cold Weather Safety & Wellness Tips

It's that time of year again when temperatures begin to plummet, snowflakes kiss our noses, and "Baby, it's Cold Outside!" and "Walking in a Winter Wonderland" play on the radio.

The changing weather can be a joyous occurrence each year, but it's also one we can better prepare for with a few tips to aid in keeping us safe and merry.



### Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

### Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

### Ward off the Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that

come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

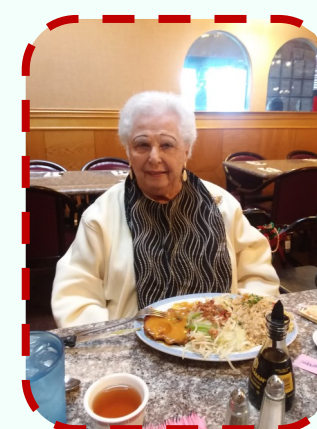
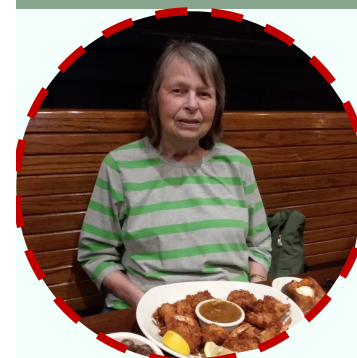
### Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year!

## Special Moments

"Life isn't a matter of milestones, but of moments." - Rose Kennedy



## 'Tis the Season to Be Baking!

This Pfeffernusse recipe, modified from an All Recipes version by Thebeansma, requires 15 mins prep, 15 mins to cook, and 3 hours total. **Ingredients:** 1/2 cup molasses; 1/4 cup honey; 1/4 cup shortening; 1/4 cup margarine; 2 eggs; 4 cups flour; 3/4 cup sugar; 1/2 cup brown sugar; 1.5 tsp ground cardamom; 1 tsp ground nutmeg; 1 tsp ground cloves; 1 tsp ground ginger; 2 tsp anise extract; 2 tsp ground cinnamon; 1.5 tsp baking soda; 1 tsp pepper; 1/2 tsp salt; 1 cup confectioners sugar.

Steps: **1.)** Stir molasses, honey, shortening, margarine in saucepan over med heat. Stir until creamy. Remove from heat; cool to room temp. Stir in eggs. **2.)** Combine flour, white and brown sugars, cardamom, nutmeg, cloves, ginger, anise, cinnamon, baking soda, salt and pepper in big bowl. Add molasses mixture and mix together. Refrigerate 2 hours. **3.)** Preheat oven to 325. Roll dough into balls. Put on bake sheet 1 inch apart. **4.)** Bake 10-15 mins. Cool. Coat with confectioners sugar. Enjoy!



# December 2019 Highlights

## December is Safe Gifts Month, Spiritual Literacy Month, and Tomato Month

- 01 Pie Day; Eat a Red Apple Day
- 02 Fritters Day; Mutt Day
- 03 Day of Giving
- 04 Cookie Day; Dice Day; Sock Day
- 05 Sacher Torte Day
- 06 Faux Fur Friday; Gazpacho Day
- 07 Pearl Harbor Remembrance Day
- 08 Brownie Day; Be a Time Traveler Day
- 09 Pastry Day
- 10 Nobel Prize Day; Dewey Decimal Day
- 11 App Day; Noodle Ring Day
- 12 Ambrosia Day; Poinsettia Day
- 13 Cocoa Day; Violin Day
- 14 Bouillabaisse Day
- 15 Lemon Cupcake Day; Wear Pearls Day
- 16 Chocolate-Covered Anything Day
- 17 Maple Syrup Day; Wright Brothers Day
- 18 Roast Suckling Pig Day; Buddy the Elf Day
- 19 Oatmeal Muffin Day; Hard Candy Day
- 20 Sangria Day

- 21 Fried Shrimp Day; Holiday Sweater Day
- 22 Date Nut Bread Day; Chanukah Begins
- 23 Pfeffernusse Day; Festivus
- 24 Eggnog Day; Christmas Eve
- 25 Christmas Day; Pumpkin Pie Day
- 26 Candy Cane Day; Boxing Day; Thanks Day
- 27 Fruitcake Day; Card Playing Day
- 28 Chocolate Candy Day
- 29 Pepper Pot Day; Tick Tock Day
- 30 Bacon Day
- 31 New Year's Eve, Champagne Day

We're online @

- Facebook.com/BarnettWoods
- Blog.radiantseniorliving.com
- Radiantsrliving on Instagram
- Radiantvoices on Instagram
- RadiantSrLiving on Twitter
- Pinterest.com/radiantsrliving
- Radiant Senior Living on YouTube

# December Birthdays!



Wishing a *very*  
happy birthday to you!

Jeanie 1st  
Byron 10th  
Pam 24th


## Staff Spotlight


### Charlie



Hello there! My name is Charlene Damron, but I like to go by Charlie. You will see me walking the halls as I am a new Med-Tech here at Barnett Woods! In my past, I worked at a Truck Brokerage in the clerical & dispatch office. I decided to leave that behind and started working in the care-giving industry. I met my husband David on Thanksgiving in 2007! We married 4 years later on February 11th! I have a 20-year-old step daughter with David. David has been a cook for 30 years; most recently at Greenleaf in Ashland! We have 2 amazing, wonderful cats. We are currently preparing to foster my great nephew who is about 7 months old. We are so excited to welcome him into our loving home! My husband and I enjoy camping at Fish Lake and taking yearly trips to the Coast, where we honeymooned!







## Resident Spotlight

### Jeannie

Everyone knows me as Jeannie! In my younger years, I worked many jobs. My favorites were being a Dental Assistant, selling real estate and doing medical billing where I worked my way up to management! Bill & I met when we were 16. We are only 6 weeks apart in age! He was my brother's friend, and he swears that when he saw my picture on the mantel it was love at first sight! For me, it took just a few dates to know he was the one for me! Even my momma fell in love with him, and to this day she calls him her son! We married at 19. We moved to Arizona for a little while. Then we moved to Sacramento until Bill finished in the Navy. We made our way through Oregon to Washington, but we didn't stay there long. Then we came back to beautiful Oregon! Three years later, we started our family! We have three beautiful children, all very close in age by a year of each other! We are the proud grandparents of 8! And even prouder that we have 6 great grand babies & 1 on the way! And I lip read!

December 2019

Barnett Woods · 2979 E. Barnett Rd. · 541-779-6943

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>1</div> <div>10:00 Wii Bowling For All - TV 2:00 Mexican Train (Dominoes)-TV 3:00 Worship &amp; Bible Service w/ Clyde &amp; Lorraine Hoffman-ML 4:30 Card Game: Kings In The Corner - AR</div>	<div>2</div> <div>9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 BINGO - AR 2:00 RUMMY - AR 3:30 Social Hour w/Donny Roze – AR 4:00 Fancy Fingers/Nail Care - AR 5:00 Scrabble - AR 5:30 Football - TV</div>	<div>3</div> <div>Medical Transportation 9:00-3 Medical Transportation 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 Activity Planning - AR 2:00 Wii Golf - TV 3:30 Neilson's Travels “Alaska” - AR 4:30 Hot Cocoa/Egg Nog - ML</div>	<div>4</div> <div>8:30 Blood Pressure Clinic - AR 9:10 Room Visits - ML 9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 11:00 Library Luncheon 11:30 Room Visit 12:00 Room Visit 1:10 BINGO - AR 2:00-3:30 RUMMY - AR 4:30 Cookie Decorating –AR 5:00 Scrabble, Res. Led - AR</div>	<div>5</div> <div>Medical Transportation 9:00-3 Medical Transportation 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 Casino Game “KENO” - AR 2:00 Bowling Tournament: Res. Vs Staff - AR 3:30 Social Hour w/Jon Galfano -ML 4:30 Flower Arranging -AR 5:30 Football - TV</div>	<div>6</div> <div>Shopping Day 9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 9:30 Festival of Trees (Senior Day) 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:00 Shopping Shuttle 1:10 BINGO - AR 2:00 RUMMY - AR 3:30 Hot Cocoa/Egg Nog - ML 4:30 Wrapping Station - AR 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa!</div>	<div>7</div> <div>Pearl Harbor Remembrance Day 8:30 Short Stories - ML 9:30 Christmas Parade In Jacksonville 1:00 Movie Matinee, “Pearl Harbor” (3hr 4m) -TV 1:10 Dice Game “Farkel”-BZ 2:00 Poker &amp; Beer - ML 2:30 Wrapping Station - AR 3:30 Hot Cocoa/Egg Nog - ML 4:30 Wrapping Station - AR 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa!</div>
<div>8</div> <div>10:00 Wii Bowling For All - TV 2:00 Mexican Train (Dominoes)-TV 3:00 Worship &amp; Bible Service w/ Clyde &amp; Lorraine Hoffman-ML 4:30 Card Game: Kings In The Corner - AR 5:30 Football - TV</div>	<div>9</div> <div>9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 11:00 Lunch Club at Olive Garden 1:10 BINGO - AR 2:00 RUMMY–AR 3:30 Social Hour w/Lee Stewart - ML 5:00 Scrabble: Res. Lead - AR 5:30 Football - TV</div>	<div>10</div> <div>Medical Transportation 9:00-3 Medical Transportation 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 Casino Game “KENO” - AR 2:00 Nickel Game: Left, Right, Center 3:30 Hot Cocoa/Egg Nog - ML 4:00 Cookie Decorating –AR 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa!</div>	<div>11</div> <div>9:10 Room Visits - ML 9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 BINGO - AR 2:00 RUMMY - AR 3:30 Social Hour w/Louis Faro - ML 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa! 5:00 Scrabble ,Res. Led - AR</div>	<div>12</div> <div>Medical Transportation 9:00-3 Medical Transportation 10:00 Sit &amp; Stretch - AR 11:00 Joyful Noise Choir - ML 1:10 Casino Game “KENO” - AR 2:00 Wreath Decorating—AR 3:00 Christmas Movie: “Scrooge” (1hr 18min) Hot Cocoa/Egg Nog--AR 4:30 Cookie Decorating –AR 5:30 Football - TV 6:00-8:00 Christmas Crawl Tour</div>	<div>13</div> <div>Shopping Day 9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 9:30 Shopping Shuttle 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:00 Shopping Shuttle 1:10 BINGO - AR 2:00 RUMMY - AR 3:30 Social Hour w/Bob Isom - ML 4:30 Wrapping Station - AR 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa!</div>	<div>14</div> <div>9:30 Short Stories - ML 10:30 Carolers/Cider/Trolley Rides/ Tours Of Jacksonville W/Lunch! 1:10 Dice Game “Farkel”-AR 2:00 Poker &amp; Beer - ML 2:30 Wrapping Station - AR 3:30 Hot Cocoa/Egg Nog - ML 4:30 Wrapping Station - AR 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa!</div>
<div>15</div> <div>10:00 Wii Bowling For All - TV 2:00 Mexican Train (Dominoes)-TV 3:00 Worship &amp; Bible Service w/ Clyde &amp; Lorraine Hoffman-ML 4:30 Card Game: Kings In The Corner - AR 5:30 Football - TV</div>	<div>16</div> <div>Covered in Chocolate 9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 BINGO - AR 2:00 RUMMY - AR 3:30 Hot Cocoa/Egg Nog - ML 4:00 Wrapping Station - AR 4:30 Cookie Decorating –AR 5:30 Football - TV</div>	<div>17</div> <div>Medical Transportation 9:00-3 Medical Transportation 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 Resident Council - AR 2:00 Wii Golf - TV 3:30 Social Hour w/Brent Olstad - ML 4:30 Jigsaw Puzzles - AR 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa!</div>	<div>18</div> <div>9:30 Short Stories - ML 9:30 Blowing Match at Northridge 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:00 Christmas Carols w/ Orchard Hills Elementary (20min) - ML 1:45 BINGO - AR 2:30-3:30 RUMMY - AR 4:00 Supper Club Dinner 5:00 Scrabble ,Res. Led - AR</div>	<div>19</div> <div>Medical Transportation 9:00-3 Medical Transportation 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 Casino Game “KENO” - AR 2:00 Wreath Decorating—AR 3:30 December Birthday Party w/Chis &amp; Dom -ML 4:30 Flower Arranging –AR 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa! 5:30 Football - TV</div>	<div>20</div> <div>Shopping Day 9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 9:30 Shopping Shuttle 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:00 Shopping Shuttle 1:10 BINGO - AR 2:00 RUMMY - AR 3:30 Hot Cocoa/Egg Nog - ML 4:30 Wrapping Station - AR 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa!</div>	<div>21</div> <div>9:30 Short Stories - ML 10:30 Carolers/Cider/Trolley Rides/ Tours Of Jacksonville W/Lunch! 11:15 Daily Devotions - ML 1:10 Dice Game “Farkel”-AR 2:00 Poker &amp; Beer - ML 2:30 Wrapping Station - AR 3:30 Hot Cocoa/Egg Nog - ML 4:30 Wrapping Station - AR 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa!</div>
<div>22</div> <div>First Day Of Winter 10:00 Wii Bowling For All - TV 2:00 Mexican Train (Dominoes)-TV 3:00 Worship &amp; Bible Service w/ Clyde &amp; Lorraine Hoffman-ML 4:30 Card Game: Kings In The Corner - AR 5:30 Football - TV</div>	<div>23</div> <div>9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 BINGO - AR 2:00 RUMMY - AR 3:30 Social Hour w/Michael C -- ML 5:00 Scrabble: Res. Lead - AR 5:30 Football - TV</div>	<div>24</div> <div>Medical Transportation 9:00-3 Medical Transportation 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 Bowling Tournament: Res. Vs Staff - AR 2:30 Resident Christmas Party --ML 3:30 Hot Cocoa/Egg Nog - ML 4:00 Wrapping Station - AR 5:00 Christmas Light Tour w/Cookies &amp; Hot Cocoa!</div>	<div>25</div> <div>Christmas Day!! 11:00-1 Christmas Dinner 3:30 Social Hour w/Richard G—ML 5:00 Christmas Movie: “A Christmas Wish”-TR</div>	<div>26</div> <div>Medical Transportation 9:00-3 Medical Transportation 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 Casino Game “KENO” - AR 2:00 Card Game “POKENO” - AR 3:30 Social Hour w/Tracy Davy - ML 4:30 Resident Season Switch 5:30 Football - TV</div>	<div>27</div> <div>Shopping Day 9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 10:45 Room Visits 11:15 Daily Devotions - ML 1:10 BINGO - AR 2:00 RUMMY - AR 3:30 Hot Cocoa/Egg Nog - ML 4:30 Resident Season Switch</div>	<div>28</div> <div>8:30 Short Stories - ML 9:00 Scenic Drive 10:30 Card Game “Gin Rummy” - ML 11:15 Daily Devotions - ML 1:10 Dice Game “Farkel”-AR 2:00 Poker &amp; Beer - ML 2:00 Scenic Drive to 3:30 Hot Cocoa/Egg Nog - ML</div>
<div>29</div> <div>10:00 Wii Bowling For All - TV 2:00 Mexican Train (Dominoes)-TV 3:00 Worship &amp; Bible Service w/ Clyde &amp; Lorraine Hoffman-ML 4:30 Card Game: Kings In The Corner - AR 5:30 Football - TV</div>	<div>30</div> <div>9:20 Queen Pins Practice - TV 9:30 Short Stories - ML 10:00 Sit &amp; Stretch - AR 11:00 Daily Devotions - ML 11:30 Room Visit 12:00 Room Visit 1:10 BINGO - AR 2:00 RUMMY - AR 3:30 Skin Hydration, Relaxation–AR 4:00 Fancy Fingers/Nail Care - AR 5:30 Football - TV</div>	<div>31</div> <div>New Year’s Eve Medical Transportation 9:00-3 Medical Transportation 10:00 Sit &amp; Stretch - AR 1:00 PRIZE BINGO Extravaganza - AR 2:00 New Years Eve Banana Split Social -ML 3:00 PRIZE BINGO Extravaganza - AR 3:30 Social Hour w/Ben M -ML 5:00-9 PRIZE BINGO Extravaganza - AR</div>	<div><div></div><div><div>Happy Birthday</div><div>Jeanie 1st.</div><div>Byron 10th</div><div>Pam 24th</div></div><div></div></div>			